

# Fitness Classes & Exercise Schedules

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
270021-A1/2 5:35-6:20 a.m. <b>Yoga Boost</b> w/ Eileen <i>*Comm Rm</i>	270011-A1/2 5:35-6:20 a.m. <b>15-15-15</b> w/ Eileen	270074-A1/2 5:35-6:20 a.m. <b>Recovery &amp; Regeneration</b> w/ Eileen	270021-B1/2 5:35-6:20 a.m. <b>Yoga Boost</b> w/ Eileen	270001-A1/2 5:45-6:45 a.m. <b>Spin</b> w/ Paul	270007-A1/2 5:45-7 a.m. <b>Core Spin</b> w/ Kathy	270025-B1/2 8:15-9:15 a.m. <b>Yoga All Levels</b> w/ Patty V.
270001-A1/2 5:45-6:45 a.m. <b>Spin</b> w/ Paul	270001-D1/2 6:30-7:30 a.m. <b>Spin</b> w/ Ron	270001-A1/2 5:45-6:45 a.m. <b>Spin</b> w/ Paul	270001-D1/2 6:30-7:30 a.m. <b>Spin</b> w/ Ron	270001-E1/2 7:30-8:30 a.m. <b>Spin</b> w/ Deb	270037-B1/2 7:15-8:15 a.m. <b>Water Fitness</b> w/ Kathy	
270016-A1/2 7-8 a.m. <b>MCC Pump</b> w/ Elle <i>*Gym</i>	270025-C1/2 8-9 a.m. <b>Yoga All Levels</b> w/ Patty V.	270038-A1/2 8:30-9:30 a.m. <b>Aqua Zumba®</b> w/ Patty F.	270016-B1/2 7-8 a.m. <b>MCC Pump</b> w/ Elle <i>*Gym</i>	270038-B1/2 8:30-9:30 a.m. <b>Aqua Zumba®</b> w/ Patty F.	270001-C1/2 7:30-8:30 a.m. <b>Spin</b> w/ Todd	220004-B 12:10-12:40 p.m. <b>Creative Movement</b> w/ Mia
270035-A1/2 8:35-9:35 a.m. <b>20-20-20 Cardio</b> w/ Kathy	270037-A1/2 8:35-9:35 a.m. <b>Water Fitness I</b> w/ Kathy	270077-A1/2 9:15-10:15 a.m. <b>Zumbatomic®</b> w/ Amy	270025-C1/2 8-9 a.m. <b>Yoga All Levels</b> w/ Patty V.	270014-C1/2 9-10 a.m. <b>Functional Strength &amp; Abs</b> w/ Jodi	270026-A1/2 9:30-10:45 a.m. <b>Power Yoga I</b> w/ Sharon	220004-A 12:45-1:15 p.m. <b>Creative Movement</b> w/ Mia
270039-A1/2 9:45-10:15 a.m. <b>Water Fitness II</b> w/ Kathy	270019-A1/2 9:45-10:45 a.m. <b>Body Toning</b> w/ Kathy	270075-B1/2 9:15-10:15 a.m. <b>Kettlebells</b> w/ Jess <i>*Gym</i>	270037-A1/2 8:35-9:35 a.m. <b>Water Fitness I</b> w/ Kathy	270024-A1/2 10:15-11:15 a.m. <b>Yin/Yang Yoga</b> w/ Sharon		220045-A 1:20-2:05 p.m. <b>Pre-Ballet (4)</b> w/ Mia
270051-B1/2 9:45-10:15 a.m. <b>Step Express</b> w/ Jodi	270041-A1/2 10:45-11:30 a.m. <b>Aqua Therapy</b> w/ Dorinda	270046-A1/2 10:30-11:30 a.m. <b>Gentle Yoga Flow</b> w/ Sharon	270019-A1/2 9:45-10:45 a.m. <b>Body Toning</b> w/ Kathy	270034-C1/2 1:30-2:30 p.m. <b>Zumba®</b> w/ Amy		220045-B 2:10-2:40 p.m. <b>Pre-Ballet (5)</b> w/ Mia
270014-B1/2 10:15-11 a.m. <b>Functional Strength</b> w/ Jodi	270041-B1/2 11:35 a.m.-12:20 p.m. <b>Aqua Therapy</b> w/ Dorinda	270025-D1/2 Noon-1:15 p.m. <b>Yoga All Levels</b> w/ Nancy	270041-A1/2 10:45-11:30 a.m. <b>Aqua Therapy</b> w/ Dorinda	270067-A1/2 2-2:45 p.m. <b>Pool Pilates</b> w/ Margherita		220046-A 3-3:45 p.m. <b>Ballet I/II</b> w/ Mia
270066-A1/2 2-2:45 p.m. <b>Aqua Arthritis</b> w/ Lizzie	270028-A1/2 11 a.m.-12:15 p.m. <b>Yoga I</b> w/ Sharon	270066-B1/2 2-2:45 p.m. <b>Aqua Arthritis</b> w/ Lizzie	270041-B1/2 11:35a.m.-12:20 p.m. <b>Aqua Therapy</b> w/ Dorinda	220048-A 3:30-4:30 p.m. <b>Jazz Hip Hop</b> w/ Mia		270005-A 4-4:45 p.m. <b>Ability Fitness</b> w/ Paul/Karen
	270075-A1/2 Noon-1 p.m. <b>Kettlebells 101</b> w/ Jess <i>*Gym</i>		270031-A1/A2 4-5:15 p.m. <b>Yoga Flow 2</b> w/ Sharon			
270027-A1/2 4:15-5:15 p.m. <b>Intermediate Mat Pilates</b> w/ Margherita	270001-B1/2 5-6 p.m. <b>Spin</b> w/ Todd	270055-A1/2 5:20-6:20 p.m. <b>Corefusion</b> w/ Dorinda	270051-A1/2 5:30-6 p.m. <b>Step Express</b> w/ Anne	270033-A1/2 5-6 p.m. <b>Zumba® Toning</b> w/ Patty F.	<div> <h2>Block Schedule</h2> <h3>Fall 2012</h3> <h2>Session 1 Runs</h2> <h3>Sept. 4 – Oct. 21</h3> <h2>Session 2 Runs</h2> <h3>Oct. 22 – Dec. 16</h3> <p>Unless otherwise noted in class description</p> <p>Child care is open for children ages 1-7 during these classes</p> </div>	
270034-A1/2 5:30-6:30 p.m. <b>Zumba®</b> w/ Fran	270034-B1/2 5-6 p.m. <b>Zumba®</b> w/ Amy <i>*Gym</i>	270012-A1/2 6:30-7:30 p.m. <b>Hardcore Boot camp</b> w/ Jerry	270014-A1/2 6-6:45 p.m. <b>Functional Strength</b> w/ Anne	270076-A1/2 6-7 p.m. <b>Zumba® Gold</b> w/ Patty F.		
270036-A1/2 6:30-7:30 p.m. <b>Aqua Power</b> w/ Lizzie	270020-A1/2 6:15-7 p.m. <b>Work the Circuit</b> w/ Anne <i>*Gym</i>	270036-B1/2 6:30-7:30 p.m. <b>Aqua Power</b> w/ Lizzie	270029-A1/2 6-7:15 p.m. <b>First Year Tai Chi</b> w/ George <i>*Comm. Room</i>	270036-C1/2 6:30-7:30 p.m. <b>Aqua Power</b> w/ Melissa		
270023-A1/2 6:45-8 p.m. <b>Yoga &amp; the 7 Chakras</b> w/ Sharon	270025-A1/2 6:15-7:15 p.m. <b>Yoga All Levels</b> w/ Nancy		270030-A1/2 7:30-8:45 p.m. <b>Cont. Tai Chi</b> w/ George <i>*Comm. Room</i>			
			270032-A1/A2 7:30-8:30 p.m. <b>Salsa Fit</b> w/ Kelly			